

Breakout Group: Community Access to Physical Activity

## RI Summit: Healthy Living & Active Living Collaborative

### **Breakout Group:** *Community Access to Physical Activity*

Please choose your top five objectives, then **rank** (1-5) according to priority, with 1 being your top priority.

- \_\_\_\_\_ 1.) Increase the number of schools with policies or programs that encourage active transportation.
- \_\_\_\_\_ 2.) Increase the number of communities with new or revitalized parks or trails.
- \_\_\_\_\_ 3.) Increase the number of communities that have land management systems that support physical activity.
- \_\_\_\_\_ 4.) Increase the number of communities that complete street-scale design projects that improve walkability.

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**Topic Area:** *Physical Activity*

*1.) Increase the number of schools with policies or programs that encourage active transportation.*

### **Example Strategies:**

- 1.) Partner with Statewide Planning, DOT, Injury Prevention Program, etc.
- 2.) Mobilize community members to form Safe Routes teams.
- 3.) Provide TA in completion of walkability assessments and development of Safe Routes action plans.
- 4.) Provide a workshop when requests for proposals are released.
- 5.) Educate schools, planners, community members, PTAs, law enforcement, community groups about benefits of Safe Routes improvements.
- 6.) Provide workshops for professional groups to garner support.
- 7.) Provide workshops for schools or districts to layout how the program works.
- 8.) Provide school planning workshops, to include assessments, with consultant and planner.
- 9.) Develop RI toolkit.
- 10.) Encourage communities to apply for TIP and enhancement funds in addition to SR2S.
- 11.) Develop a campaign that emphasizes the successes of other active transport programs.
- 12.) Provide training and assistance in developing walking school busses.
- 13.) Develop model policies for schools to adopt (e.g., walkers leave before busses and pick ups).
- 14.) Include in Governor's award.

15.) Hold *Walk to School Day* to raise awareness.

**Additional Strategies:**

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2.) *Increase the number of communities with new or revitalized parks or trails.*

### **Example Strategies:**

- 1.) Partner with Greenways, DOT, Planning, DEM, Sierra Club, municipalities and Parks and Recreation Departments.
- 2.) Mobilize communities to place high priority on their recreation resources, and to develop trails to trails or connecting trails.
- 3.) Provide TA.
- 4.) Advocate for green space and maintenance funding.
- 5.) Link facilities to ongoing programs and organizations for continued support, while considering non-traditional spaces (e.g., farms, schools).
- 6.) Provide model regulations for comprehensive plans that include conserving open space, building parks and trails, and ongoing maintenance.
- 7.) Include in Governor's award.
- 8.) Educate residents and decision makers about park benefits.
- 9.) Assist organizations with grant applications for park renovation, as well as programs such as *Step Up to Health* or *Hearts N Parks*.
- 10.) Develop a parks and trails campaign.
- 11.) Sponsor park clean ups.
- 12.) Use media at renovations and new facilities.

### **Additional Strategies:**

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3.) *Increase the number of communities that have land management systems that support physical activity.*

### **Example Strategies:**

- 1.) Partner with Statewide Planning, DOT, *Grow Smart*, Sierra Club, etc.
- 2.) Mobilize communities to advocate for better development via town hall style meetings, visioning or charrettes, etc.
- 3.) Train decision makers via *Grow Smart*, etc.
- 4.) Provide ongoing TA through workshops, and work individually with planners.
- 5.) Develop/provide model comprehensive plans and other best practices (e.g., Washington, Oregon).
- 6.) Include in Governor's award.
- 7.) Provide tax incentives for certain kinds of development (e.g., designated growth centers, TOD, density, mixed use).
- 8.) Establish or refine zoning regulations, building codes, builders practices, TOD, street layout policies, density, proximity, school siting, mixed use development, directing growth towards existing resources and centers.
- 9.) Determine the necessary components, including evaluation criteria, of a comprehensive plan that improves walkability.
- 10.) Communicate successes through media.

### **Additional Strategies:**

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4.) Increase the number of communities that complete street-scale design projects that improve walkability.

**Example Strategies:**

- 1.) Partner with Statewide Planning, DOT, Grow Smart, Sierra Club, Injury Prevention Program, etc.
- 2.) Mobilize communities and safe routes teams to advocate for better walking conditions.
- 3.) Hold workshops to educate about TIP and Enhancements.
- 4.) Develop model policies for lighting, sidewalks, traffic calming, aesthetics, bus shelters, cross walks and signal coordination.
- 5.) Communicate successes through media - hold events at project completion.
- 6.) Partner with researchers to develop pre-post studies to walking in areas of infrastructure improvements.

**Additional Strategies:**

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